



Mulled Black Cherry Wine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 750 milliliter wine
- ☐ 2 quarts cherry juice (black with r. w. knudsen family)
- ☐ 0.3 cup juice of lime
- ☐ 12 ounce pineapple juice (canned)
- ☐ 0.7 cup sugar

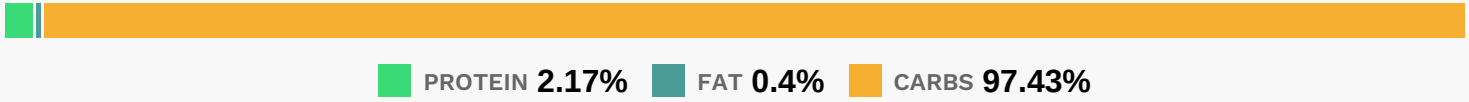
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 30 minutes. Stir in wine and lime juice; heat thoroughly, but do not boil.
- ☐ Transfer mixture to a heatproof punch bowl, if desired. Discard whole spices.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:7.16, Inflammation Score:-2, Nutrition Score:1.3278260865937%

Flavonoids

Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg Malvidin: 15.36mg, Malvidin: 15.36mg, Malvidin: 15.36mg, Malvidin: 15.36mg Peonidin: 1.08mg, Peonidin: 1.08mg, Peonidin: 1.08mg, Peonidin: 1.08mg Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 183.93kcal (9.2%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.02%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 35.37g (12.86%), Sugar: 28.63g (31.81%), Cholesterol: 0mg (0%), Sodium: 12.57mg (0.55%), Alcohol: 6.15g (100%), Alcohol %: 3.16% (100%), Protein: 0.8g (1.59%), Potassium: 288.59mg (8.25%), Iron: 0.96mg (5.32%), Vitamin C: 4.32mg (5.24%), Vitamin B1: 0.03mg (1.88%), Calcium: 17.24mg (1.72%), Copper: 0.03mg (1.52%), Fiber: 0.37g (1.46%), Magnesium: 4.42mg (1.11%), Vitamin B6: 0.02mg (1.1%)